

# **QUINTET NEWS**

**FOR THE BENEFICE OF  
AYLMERTON  
BEESTON REGIS  
GRESHAM  
EAST & WEST RUNTON**

**MAY 2023**

**FREE**



## HELLO FROM CANON WILLIAM

Dear Friends,

Back in the Middle Ages the duties of Kings in this Country included leading armies into battle. Many battles were lost and some lost their lives as well. Sometimes fighting was to protect their country but at other times it was to gain more land.

Things have changed significantly since then and there is now a constitutional monarchy with very different responsibilities and duties. These duties include serving the Country and Commonwealth and come before all else, including their family.

I recently read an article describing this. The month after the Queen's death last year Princess Anne was in Uganda, Royal duties were continuing as normal. Amongst places she visited one was a refugee camp to support and encourage the work there being done to enable the people to be self-sustaining. This is the sort of work that she, along with rest of the working Royal Family, do day by day. At his first Address to the Nation, King Charles pledged to continue the work that his Mother had done during her reign.

But there is more to leadership than this. I had an opportunity of seeing this when I was the Diocesan Rural Officer and we were invited to (the then Prince) Charles' house at Highgrove. We were there to see his farm and his policy on how to tend the various crops. Like his Father, Charles has a major concern for the environment in the world and the consequent effects it can have on climate change. Part of this was to make the farm totally organic. Although I do not fully appreciate the science behind this, one can see both a concern he has for these issues and the determination to contribute making a more sustainable world.

This has helped me to appreciate more of the issues our King has a passion for and that he has a vision that is far bigger than simply doing just his basic duties as a constitutional monarch.

The working Royal Family is following the example of the service that Christ shows – that he was here to serve, not to be served. This is done, serving us all, both quietly and conscientiously.

With Charles' Coronation now imminent, it is a good time to remind ourselves of the nature of true leadership. The King needs our prayers and support as he affirms his life of service. We pray that the Christian faith will help him as King in the same way we ask that our faith will continue to sustain us.

With good wishes

*Canon William*

Let us pray—

Almighty God, the fountain of all goodness, bless our Sovereign Lord, King Charles, and all who are in authority under him; that they may order all things in wisdom and equity, righteousness and peace, to the honour of your name, and the good of your Church and people; through Jesus Christ our Lord. Amen.

Almighty God, the fountain of all goodness, bless, we pray, Camilla the Queen Consort, William Prince of Wales, the Princess of Wales, and all the Royal Family. Endue them with your Holy Spirit; enrich them with your heavenly grace; prosper them with all happiness; and bring them to your everlasting kingdom; through Jesus Christ our Lord. Amen.

## PRAYER CORNER

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour.

Romans 12. 9,10

Please pray—

- For the people of Ukraine, Russia, Afghanistan, Syria, Turkey and Africa.
- For people throughout the world who struggle to get enough food. May God inspire us all to reach out with small acts of love, making a big difference, so that no one goes hungry.
- For our parish community: that we may be moved by God's love to reach out to others in our turn, especially to those who are poor, so that no one may feel abandoned, forgotten or alone.
- For the Church throughout the world: that she may be a sign of God's love for all people and a beacon of hope for all who are in need.
- For world leaders, that the Holy Spirit may guide them to speak out for what is right and take action to build a better future.
- For everyone who is sick or afraid, bereaved or isolated and we pray for all who support them. May God grant each of them peace and comfort, courage and perseverance.
- For our Benefice and Parishioners, especially those who are suffering with their health; and the recently bereaved.
- For our services across the Benefice that they will engage and connect with people in a special way.
- For our Churchwardens – Connie, Jean, Peter, Rosemary, John, Peter and Robert.
- For our Churchwardens elect – Amanda and Stephen.
- For the members of the Parochial Church Councils.
- For the Wild Church initiative.
- For the Open Book initiative.

## VISITATION OF THE ARCHDEACON OF LYNN

The Archdeacon of Lynn, The Venerable Catherine Dobson, will be visiting the Benefice on Sunday 21<sup>st</sup> May.

We will, therefore, be holding a Benefice Communion and Family Service at 10.30am at All Saints, Beeston Regis.

There will also be a “**Community Breakfast**” which will take place before the Service from 09.45am. The menu will include fruit, cereal, yogurts, toast, pastries with hot drinks and juice. Vegetarian, Vegan & Gluten-free options will be catered for.

**So as to assist the catering arrangements there will be a pre-booking system, so please let Amanda Wooster know by Friday 19<sup>th</sup> May if you are coming to the Community Breakfast by phoning 07985 291930.**

Although there will be no charge for the Community Breakfast, donations will be most welcome.

So do please come and join us and meet the Archdeacon.

## WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell will meet on Thursday 4th May at 7.00pm at Holy Trinity Church, West Runton when, with great pleasure, we welcome back Bishop David Leake as our guest speaker. Everyone is welcome to join us.

For further information contact Ali Wharton, the Cell Secretary/Membership Secretary at [aliwharton@icloud.com](mailto:aliwharton@icloud.com)



## **WILD Church!**

We had such an EGG-citing afternoon at our WILD Church Easter Sunday Special on 9th April.

Thanks to Beeston Hall School we could enjoy their beautiful grounds, especially their magical woodland area, just perfect for the Easter Bunny to hide eggs and for our Dotty the Donkey Easter Trail!

We joyfully welcomed 3 new local families to our gathering and hope they found a safe and loving home amongst us.

Our storytelling of the Awesome Easter Surprise by Bible Society, round the log fire, had everyone taking part with signing the name of Jesus throughout. Congratulations to those who won our nature-inspired Easter bonnet competition and a BIG THANKS to Hazel and Steve for filling our tummies with their edible Easter treats!

WILD Church regularly takes place on the second Sunday afternoon of the month, so our next Gathering is—

**SUNDAY 14<sup>TH</sup> MAY FROM 3.00PM–4.30PM**

We will meet on the Church Field outside All Saints Church, Beeston Regis but keep an eye on our Facebook page in case we move location.

For further information, text/WhatsApp Amanda Wooster on 07985 291930.

In the meantime, Stay WILD!

## SERVICES IN THE BENEFICE FOR MAY

	Sunday 7 <sup>th</sup> May Easter 5 <i>Commemoration of the Coronation</i>  (White)	Sunday 14 <sup>th</sup> May Easter 6  (White)	Sunday 21 <sup>st</sup> May Easter 7 <i>Sunday after Ascension Day</i>  (White)	Sunday 28 <sup>th</sup> May Pentecost <i>Whit Sunday</i>  (Red)
<b>St John the Baptist Aylmerton</b>		9.15am <i>Eucharist</i>		9.15am <i>Eucharist</i>
<b>All Saints Beeston Regis</b>	9.15am <i>Morning Prayer</i>	11.00am <i>Eucharist</i>	10.30am <i>Benefice Communion &amp; Family Service with the Archdeacon of Lynn, The Ven Catherine Dobson</i>	11.00am <i>Eucharist</i>
<b>St Andrew's East Runton</b>	9.15am <i>Eucharist</i>	9.15am <i>Morning Prayer</i>		9.15am <i>Eucharist</i>
<b>Holy Trinity West Runton</b>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>		11.00am <i>Sung Eucharist</i>
<b>All Saints Gresham</b>	11.00am <i>Morning Worship</i>			

### ASCENSION DAY EUCHARIST SERVICE

A Eucharist Service for Ascension Day will be held on Thursday 18<sup>th</sup> May at 7.00pm at Holy Trinity Church, West Runton.

**THE SERVICES HELD AT HOLY TRINITY CHURCH, WEST RUNTON CAN BE JOINED VIA ZOOM BY CLICKING ON THE LINK BELOW:**

<https://us02web.zoom.us/j/84751695104?pwd=Z2F3eVIQMENaaUdvMHNjVFZKK3I4QT09>

**Meeting ID: 847 5169 5104**

**Passcode: 239946**

## READINGS FOR MAY – YEAR A

<b>Sunday</b> <b>7<sup>th</sup> May</b> <b>Easter 5</b> <i>Commemoration of  the Coronation</i>	<b>Acts</b> <b>7. 55–60</b>	<b>1 Peter</b> <b>2. 2–10</b>	<b>John</b> <b>14. 1–14</b>
<b>Sunday</b> <b>14<sup>th</sup> May</b> <b>Easter 6</b>	<b>Acts</b> <b>17. 22-31</b>	<b>1 Peter</b> <b>3. 13–22</b>	<b>John</b> <b>14. 15–21</b>
<b>Sunday</b> <b>21<sup>st</sup> May</b> <b>Easter 7</b> <i>Sunday after  Ascension Day</i>	<b>Acts</b> <b>1. 6–14</b>	<b>1 Peter</b> <b>4. 12–14; &amp;  5. 6–11</b>	<b>John</b> <b>17. 1–11</b>
<b>Sunday</b> <b>28<sup>th</sup> May</b> <b>Pentecost</b> <i>Whit Sunday</i>	<b>Acts</b> <b>2. 1-21</b>	<b>1 Corinthians</b> <b>12. 3b–13</b>	<b>John</b> <b>20. 19–23</b>

### WEDNESDAY EUCHARISTS AT 10.30AM AT ST ANDREW'S, EAST RUNTON

There is a midweek Benefice Eucharist at St Andrews, East Runton. We look forward to seeing you at 10.30am on—

Wednesday 3 <sup>rd</sup> May	Paul Yeomans
Wednesday 10 <sup>th</sup> May	Pat Baggaley
Wednesday 17 <sup>th</sup> May	Jeremy Sykes
Wednesday 24 <sup>th</sup> May <i>(John &amp; Charles Wesley)</i>	William Bestelink
Wednesday 31 <sup>st</sup> May <i>(The Visitation of the Blessed Virgin  Mary to Elizabeth)</i>	Barry Oake

## **OPEN THE BOOK @ GRESHAM PRIMARY SCHOOL**

Open the Book @ Gresham Primary School now involves whole classes of children!

The Quintet Benefice continues to lead the local Open the Book Bible storytelling team, (comprising 7), which delivers assemblies to Gresham Primary School. Two assemblies are regularly delivered to the entire school each term.

As expected, the children love to join in acting or miming and thoroughly enjoy any audience participation we can dream up! This Spring Term, two complete classes of children had roles in our telling of Noah's Ark and The Palm Sunday Parade.

The assemblies were noisy and chaotic, to say the least, but great fun! Often Bible stories are suggested by the Headteacher, that tie in with current curriculum requirements. Our Team has also enjoyed invites to in-house productions (for example the Nativity Play), which has further embedded our work in the life of the school.

### **BISHOP'S LENT APPEAL 2023**

The Bishop's Lent Appeal 2023 was to help to raise money for the new Priscilla Bacon Lodge building in memory of The Venerable Ian Bentley. Pam Thompson challenged the churches in the Quintet Benefice to raise money for the Lent Appeal by collecting change in a jar and then bringing the jars along to the church on Easter Day for counting.

We are pleased to announce that the current amount raised is £122.39.

The amount raised by the individual churches is as follows—

- Aylmerton                    £33.99
- Gresham                      £ 7.10
- East Runton                £15.00
- West Runton                £66.30

Thank you to everyone who have helped to raise money for the Bishop's Lent Appeal but there is still time to donate. Please contact Pam Thompson on 01263 510319 if you would like to do so.

## NEWS FROM THE QUINTET BENEFICE

### AYLMERTON

**St John the Baptist's Churchyard** — It is Connie's aim to do a "major" tidy in the churchyard when the early spring flowers have died down. Anyone interested in helping for a couple of hours at a weekend or evening (when the evenings are light!) please give Connie a ring on 01263 837647.

### BEESTON REGIS

**First Community Breakfast Held!** — On Mothering Sunday, the Refreshment Team hosted the first free Community Breakfast at All Saints! Scheduled for 10.15am, prior to the Children's & Family Service at 11.00am, it sought to attract newcomers, young ones plus their adults, families experiencing food poverty and those in our community who might not be familiar with church. At the moment, in the absence of cooking facilities apart from a toaster and microwave, our breakfast items were, in the main, served cold. However, fruit salad, muesli, yogurts, toast, pastries and hot drinks were warmly received and generated a real buzz of friendly chatter. More people came than expected to this leap of faith which was such an answer to prayer. Amongst the number were 2 new families, one of which said afterwards: "It was just gorgeous....Feel lucky to have such a lovey welcoming church". The Churchwardens elect are committed to arranging further Community Breakfasts, perhaps in conjunction with future Children's & Family services.

**STOP PRESS!** The second Community Breakfast will take place at 09.45am on Sunday 21<sup>st</sup> May (see further details in this Newsletter).

Our **Children's & Family Services** are now attracting new young ones. Since September 2022, our 3rd Sunday of the month "Service of the Word" has put children and families at its centre. Advertising and promotion of such has begun, albeit in a small way, but it is now regular. At every service, since the launch, a child has been present (though only one), until both March and April when 2 families and 3 children took part. With the little ones absorbed in arts & crafts in our Children's Corner, rattling and shaking musical instruments to worship songs, handing out flower posies, collecting up hymn books and responding to the storytelling by the Rector, our Children's & Family services are proving to be very joyful and exuberant occasions! Why not come along and join in the fun!

## EAST RUNTON

### *A message from Jean:*

A **Hot Cross Bun Coffee Morning** was held on 1<sup>st</sup> April — no it wasn't an "April Fool" — and it raised £397! Very many thanks to everyone who kindly supported it.

The next Coffee Morning will be on **Saturday 10<sup>th</sup> June**, but more about that later, just pop the date in your diary, please.

The Easter Sunday service was very special. A member of our congregation, Graham Wright, was confirmed by our own Bishop David Leake, in full regalia! Our rector, Father Jeremy, presided and Peter played for us. It was a wonderful and moving service, with twenty-eight people in the congregation amongst all the lilies, roses and spring flowers, celebrating with a special cake afterwards. It was the first Confirmation service ever held in St. Andrew's. So it was an historic day. We also had an Easter pixie! In our small church garden, a very pretty Easter Garden appeared, and on Easter Sunday morning, a sign saying "He is Risen" also appeared very early, bearing in mind the service was at 9.15am. The following Sunday – it had all gone! Thank you, whoever you are. We loved it. God moves in mysterious ways!

## WEST RUNTON

### *A message from Rosemary and Janice:*

The **Coffee Mornings** continue to be a great success. We have a "full house" every week. So far this year we have had donations of £445.00. We had a special one for the DEC Turkey Appeal and people very generously donated £121.00. Our Lent Lunches were also very popular and made an amazing £716.00. We can claim Gift Aid at 25% to add to most of the donations. Thank you to all who support us, and we hope from your point of view the social side is also worth coming for. We will be adding the Book Sales to the Coffee Mornings at the end of May. Again, many thanks for the support you give us. It makes it all worthwhile, whilst making money for our church.

## LOCAL NEWS

**Sheringham and District Philatelic Society** — We were pleased to welcome one new member at our April meeting, and a couple who came to see whether or not they would like to join us. We very much hope that we will see them again in May!

Six members presented a tremendous variety of mainly 10 sheet displays. Mike Clarke, a lifetime GB collector, brought along a selection of surface printed, Victorian stamps on covers, which had recently taken his interest. Tony Taylor put up part of an old competition entry of his, of Queen Elizabeth II 3d Wildings. There were blocks, booklet panes, watermark variations and printing errors amongst them.

Jane Purkiss has always taken a great interest in anything philatelic relating to Captain James Cook and, this time, she showed us her collection of Cook Island stamps, some dating back to 1893. Early stamps were overprinted New Zealand stamps, before these 15 islands in the South Pacific, became self-governing.

Tim Harvey's interest is more in his postcard collection, and he displayed a wonderful group of cards which demonstrated the growth of Cromer as a tourist destination. In the early days, Cromer was known as The Gentlemen's Watering Hole – a place where the wealthy came for sea air. With the arrival of the railways and the publication of Clement Scott's poem, The Garden of Sleep, Cromer's popularity grew. Postcards were produced illustrating all aspects of this glorious seaside town.

Andrew McCandlish brought the evening to a close with stamps from Azerbaijan, Poland in exile in WW2 and Albania, giving us the fascinating historical details which lay behind these stamps.

Next meeting is on 15<sup>th</sup> May at West Runton Church Hall at 7.30pm. Visitors are welcome. For more information, please contact Jim on 01263 721043.

**Plant Sale** — West Runton Scout's will be holding a plant sale on Saturday 13<sup>th</sup> May from 09.00am to 12.00pm at the West Runton Scout Hall, Cromer Road, West Runton.

## WHAT'S ON?

DATE	VENUE AND EVENT
<b>THURSDAY 4<sup>TH</sup> MAY 7.000PM</b>	<b>WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY HOLY TRINITY CHURCH, WEST RUNTON</b> We welcome as our guest speaker Bishop David Leake. Everyone is welcome to join us.
<b>FRIDAY 5<sup>TH</sup> &amp; 12<sup>TH</sup> MAY 10.00AM TO 12 NOON</b>	<b>COFFEE MORNING CHURCH HALL, WEST RUNTON</b> Come along and enjoy a coffee and a chat and help raise some funds!
<b>SATURDAY 13<sup>TH</sup> MAY 9.00AM TO 12 NOON</b>	<b>PLANT SALE WEST RUNTON SCOUT GROUP</b> Please come along and buy some plants and support the West Runton Scout Group.
<b>SUNDAY 14<sup>TH</sup> MAY 3.00PM TO 4.30PM</b>	<b>WILD CHURCH CHURCH FIELD, BEESTON REGIS</b> Come and enjoy the fun!
<b>MONDAY 15<sup>TH</sup> MAY 7.30PM</b>	<b>SHERINGHAM &amp; DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON</b> Visitors are welcome. For more information, please contact Jim on 01263 721043.
<b>FRIDAY 19<sup>TH</sup> &amp; 26<sup>TH</sup> MAY 10.00AM TO 12 NOON</b>	<b>COFFEE MORNING CHURCH HALL, WEST RUNTON</b> Come along and enjoy a coffee and a chat and help raise some funds!

### **DEADLINE FOR JUNE NEWSLETTER FRIDAY 19<sup>TH</sup> MAY 2023**

Please contact Pam Thompson if you would like an item included in the next Newsletter: Telephone: 01263 510319 Email: [pamjthompson@outlook.com](mailto:pamjthompson@outlook.com)



**THE BENEFICE OF AYLERTON, BEESTON REGIS, GRESHAM and RUNTON**

**Benefice Website: [www.quintetbenefice.com](http://www.quintetbenefice.com)**

**All 01263 Numbers except where stated**

<b>The Revd. Jeremy Sykes</b>	<b>The Rectory, Cromer Road, West Runton NR27 9QT</b> <b>Email: <a href="mailto:Jeremy.Sykes@Dioceseofnorwich.org">Jeremy.Sykes@Dioceseofnorwich.org</a></b> <b><i>Usual Non-Working Day: Friday</i></b>	<b>837761</b>
<b><u>Acting</u></b>	<b>Mrs Pam Thompson</b>	<b>07942 279206</b>
<b><u>Benefice</u></b>	<b>The Rectory (Office), Cromer Road, West Runton NR27 9QT</b>	
<b><u>Administrator</u></b>	<b>Email: <a href="mailto:quintetchurchesnorfolk@gmail.com">quintetchurchesnorfolk@gmail.com</a></b>	
<b><u>Licensed Lay Minister (Reader)</u></b>		
	<b>Mrs Pam Thompson, 14 Yaxley Loke, Cromer NR27 0FG</b>	<b>510319</b>
<b><u>Churchwardens</u></b>		
<b>Aylmerton</b>	<b>Mr C Burchett, 44 Renwick Park West, West Runton NR27 9LX</b> <b>Vacancy</b>	<b>837647</b>
<b>Beeston Regis</b>	<b>Mr J Meikle, Shannock, Morley Road North, Sheringham NR26 8JB</b> <b>Vacancy</b>	<b>820364</b>
<b>Gresham</b>	<b>Mr R Batt, East Beckham Hall, Otters Lane, E. Beckham NR11 8GA</b> <b>Mr P Campbell, Yew Tree Cottage, 40 Holt Road, Gresham NR11 8AD</b>	<b>822234</b> <b>570281</b>
<b>East Runton</b>	<b>Miss J Steward, 78 Central Road, Cromer NR27 9BW</b> <b>Vacancy</b>	<b>512624</b>
<b>West Runton</b>	<b>Mr P Strudwick, 6 Nelson Road, Sheringham NR26 8BU</b> <b>Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QU</b>	<b>823657</b> <b>838121</b>
<b><u>PCC Secretaries</u></b>		
<b>Aylmerton</b>	<b>Mrs G Bestelink, 4 Francis Close, Cromer NR27 0HR</b>	<b>514045</b>
<b>Beeston Regis</b>	<b>Mr D Nightingale, 31 Abbey Park, Beeston Regis NR26 8SR</b>	<b>824389</b>
<b>Runton</b>	<b>Linda Reynolds, Email: <a href="mailto:reynol2004@hotmail.com">reynol2004@hotmail.com</a></b>	
<b>Gresham</b>	<b>Vacancy</b>	
<b><u>PCC Treasurers</u></b>		
<b>Aylmerton/Gresham</b>	<b>Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QE</b>	<b>838121</b>
<b>Beeston Regis</b>	<b>Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU</b>	<b>512342</b>
<b>Runton</b>	<b>Mrs P May, Jesiam, Britons Lane, Beeston Regis NR26 8TR</b>	<b>822041</b>
<b><u>Gift Aid Officers</u></b>		
<b>Aylmerton/Gresham</b>	<b>Miss J Idiens, Breckwood, Tower Road, Aylmerton NR11 8QG</b>	<b>07775 622333</b>
<b>Beeston Regis</b>	<b>Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU</b>	<b>512342</b>
<b>Runton</b>	<b>Dr R May, Jesiam, Britons Lane, Beeston Regis NR26 8TR</b>	<b>822041</b>
<b><u>Honorary Assistant Priests</u></b>		
<b>The Revd. Canon W Bestelink</b>	<b>Email: <a href="mailto:wmcbestelink@btinternet.com">wmcbestelink@btinternet.com</a></b> <b>Mobile: 07909 690073</b>	<b>514045</b>
<b>The Revd. Canon B Oake</b>	<b>Email: <a href="mailto:barryoake@gmail.com">barryoake@gmail.com</a></b>	<b>514192</b>
<b>The Revd. P Baggaley</b>	<b>Email: <a href="mailto:patriciabaggaley@gmail.com">patriciabaggaley@gmail.com</a></b>	<b>837490</b>
<b>The Rt Revd. D Leake</b>	<b>The Anchorage, Lower Common, East Runton NR27 9PG</b>	<b>513536</b>
<b>The Revd. D Paskins</b>	<b>8 Blackthorn Avenue, Holt NR25 6TY</b>	<b>715905</b>
<b>The Revd. Dr P Yeomans</b>	<b>Email: <a href="mailto:pauelyeomans76@protonmail.com">pauelyeomans76@protonmail.com</a></b>	<b>07437 203535</b>